

Short Stories of Man's Natural  
Half, Shown at Home.

"CONFIDENTIAL"

Makes Suggestions as to  
How to Build a Wichita.



these articles on the necessarily

### THE RASPBERRY.

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REMOVAL

It  
can be  
prepared in  
over 250  
ways

# A Suggestion for To-day

*Shredded Whole Wheat Biscuit*  
is a perfect food because it perfectly nourishes the whole body. If you

*As Toast*

want a clear complexion, bright eyes, steady nerves and perfect digestion, acquire "The Shredded Wheat Habit."

## Eggs on SHREDDED WHOLE WHEAT BISCUIT

*Poached or Scrambled Eggs on Shredded Whole Wheat Biscuit.*

Moisten the Biscuit slightly with cold water. Place small bits of

butter on top. Put in buttered pan in hot oven about three minutes. Remove with pancake turner to warm plate. Use as toast for scrambled or poached eggs.

*Sold by all grocers.*

Send for "Vital Question" Cook Book Free

**The Natural Food Co., Niagara Falls, N. Y.**

*With Cream*

She is the Wichita agent for a number of important companies, and the people in her town credit her with doing a good

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